

Table I. Additional factors that can lead to inaccurate blood pressure estimation.

Factor		Increase in Blood Pressure
Talking		7-10 mmHg
Listening		5 mmHg
Support	6-10 mmHg	No back support
Unsupported	<u>Systolic</u> : 1-7 mmHg; <u>Diastolic</u> : 5-11 mmHg	Arm unsupported
Head with center heart level	Each inch above this level decreases BP by ≥ 2 mm Hg, and vice versa*	Arm positioned of bladder at
Device	<u>Systolic</u> : 10 mmHg; <u>Diastolic</u> : 5 mmHg	Oscillometric
Distended urinary bladder	10-15 mmHg	Distended urinary
Recent caffeine intake	<u>Systolic</u> : 10 mmHg; <u>Diastolic</u> : 5 mmHg	Recent caffeine
Recent smoking	<u>Systolic</u> : 6 mmHg; <u>Diastolic</u> : 5 mmHg	Recent smoking
Cuff over clothing	<u>Systolic</u> : 5-50 mmHg	Cuff over clothing
Cuff too small	<u>Systolic</u> : 10 mmHg; <u>Diastolic</u> : 2-8 mmHg	Cuff too small